Somerset age UK

Do you need help cutting your Toenails?

Are you over 55 and in Somerset?

Our Toenail Cutting service can help you to stay comfortable on your feet.

- Low cost appointments
- Local clinics
- Friendly, fully trained, professional staff
- Rated 'Good' by the Care Quality Commission

Care Quality Commission

www.ageuksomerset.org.uk

Registered Charity 1015900

What is Age UK Somerset's Toenail Cutting Service?

Age UK Somerset is a local charity whose aim is to provide services to make life better for the older people of Somerset. One of the services we offer is a popular Toenail Cutting Service. This is a clinic based service for the over 55s which operates throughout Somerset. We have several hundred clients using the service.

The service is a response to a serious problem. Toenails can cause difficulties if they are not cut regularly (not to mention holes in socks!). Long toenails have contributed to falls and unfortunately, hospitalisation. Our service works in association with Somerset Partnership NHS Foundation Trust to prevent these problems and to help keep our valuable older members of society comfortable, mobile and independent.

What does the service offer?

We offer our clients a simple, good value toenail cutting service provided by trained staff in a clinic environment.

We don't do finger nails and we can't provide any other kind of podiatry or chiropody service, ie, we cannot help with corns, bunions, hard skin, etc.

Once registered with us, clients are normally offered four nail cuts a year (approximately once every 13 weeks).

Who can use the Toenail cutting service?

You may be interested in this service if you are aged 55 or over and:

- are unable to hold clippers
- are unable to bend down
- are unable to reach your feet
- have little strength in your hands

The service is offered throughout Somerset. Currently we do not offer this service in North Somerset.

Unfortunately we are unable to cut the toenails of anybody who uses certain medications, such as warfarin, some other anti-coagulants, and some oral steroids.

If you are unsure please contact us to check if you can use the service.

Where do the Toenail Cutting clinics take place?

We have clinics which operate across the county in clean and comfortable surroundings.

There are currently clinics based in:

Bridgwater
Chard
Frome
Highbridge
Minehead
Shepton Mallet
South Petherton
Street
Taunton
Wellington
Wells
Williton
Yeovil

If you join the Toenail cutting service you will be given appointments at the clinic which is most suitable for you.

How much does it cost?

We make a charge of **£15** per appointment.

There is an initial one off payment of **£10** for equipment (clippers and nail file) which will then belong to the individual.

Compared to the price of a visit to a chiropodist our service offers a very cost effective way to keep your toenails trimmed.

How can someone join the service Toenail cutting service?

The first step is to contact your GP surgery and ask them to send a referral form to the NHS Podiatry service for an assessment to go on to our Toenail cutting service. You may not have to speak to your GP. The Practice Manager, Nurse or receptionist may be able to do this for you.

After they receive your referral, the NHS Podiatry team will assess your eligibility for our service and if there are no issues will send you a letter of confirmation. In some instances they may contact you to arrange an initial appointment with them.

The NHS Podiatry team will then contact us to let us know you are joining the Toenail cutting service. We will then contact you to arrange a location and date for your Toenail cutting appointment with us.

If you need help with the process or would like more information, call us: **01823 345610**, or email **tnc@ageuksomerset.org.uk**

Our Office address is: Ash House, Cook Way, Bindon Road, Taunton, Somerset TA2 6BJ

Other things we can help with.....

Do you sometimes find it difficult to live on the money you have?

We can help. Contact our Information and Advice service for a free benefits check. We can even arrange for a Volunteer to help with paperwork.

The team are also great for helping with any enquiries you may have that relate to the issues facing older people in this area and can offer factsheets & guidance.

To talk to our Information and Advice team call 01823 345613 during office hours.

Do you sometimes feel a little unsteady on your feet? Would like to do something to improve your balance?

Perhaps circumstances have left you feeling less fit or healthy than you would like?

Or maybe you would just like to try something new and meet a new group of like-minded people in your area to have some fun with?

We can help. Our Ageing Well service organises hundreds of regular activity and exercise sessions across Somerset so we will almost certainly have something to suit you!

For more information call 01823 345626, or email ageingwell@ageuksomerset.org.uk

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The information in this leaflet is correct as at 24/3/2021.